

So, the world is in it's usual state of chaos and anarchy. Everyone is still polarized between the opposites; good /bad, rich/poor, happy/depressed, democrat/republican, healthy/ sick, etc, etc. I want to leave a message for those who are looking for answers as to why our world is in such a state. I want to explain why suffering and misery exist, and how to help yourself. I seek to answer the age old questions of; who are we? where do we come from? why are we here? and where are we going? I dedicate this article to all the consciousnesses and souls on our planet and especially to the three souls that chose and trusted me to be their mother in this life. So here is my message called:



## The Science of Consciousness

So, I will be painfully brief----THE BEGINNING---- actually there is no beginning or ending, just cycles . But this can explain the beginning of our cycle or the beginning of our universe. No time, no space, no physical reality exists. Something is conscious and aware of itself. It's alone. It was not always alone. It desires companionship, It desires creativity, It is bored, It needs something. With imagination [thought] and knowledge [knowing] and desire[love] , It creates an energy and sent that energy out into 12 dimensions, or time envelopes [also created from Itself ], like a pebble thrown into a pond, rippling outward. Each dimension slower than the one before. Each vibrating differently, colorized and sounding differently. The same energy but different because of time and vibration. Each dimension is really a different level of consciousness or awareness. Each dimension is isolated, one does not coexist with the other. The outermost is the densest matter, the most physical. Traveling from outer to the core or source, matter gets less and less physical and more and more spiritual. Matter is spirit in it's densest state and spirit is matter in its purest state, or perpetual motion. Now what shall we call this being. I like All That Is, but let's go with what everyone knows. OK, so if God had just scattered Itself, all the parts would be little clones of the original and that would be horribly boring. So to achieve differentiation It started small, very small, namely atoms. Atoms contain a

positive ,negative and neutral charge. Remember this because this is the pattern of all creation. Now everything God creates has consciousness because God is consciousness. An atom has consciousness. Each consciousness is different depending on which dimension it exists in. So, atoms congregated into gases and elements and matter. Time and space came into existence simultaneously when the physical dimensions came into existence. Time and space do not exist in spirit. OK so now evolution progresses. First dimension is rocks[or earth]. Rocks evolve into the plant kingdom; the second dimension. Plants evolve into the animal kingdom; the third dimension. Animals evolve into humans; the fourth dimension. Remember, dimensions are levels of consciousness or awareness. When an animal becomes aware of itself as an individual, it becomes a primitive human being. A unique individuality is created due to it's own unique experiences. In each dimension many species are experienced. So the congregated energies will be many rocks, many plants and many animals, not just one . The mathematical possibilities are staggering. So now we have a universe filled with zillions of unique, differentiated aspects of Matter. Now, there are certain laws that govern each dimension, and there are laws that govern everything. All differentiated life is governed by attraction and repulsion [electromagnetism] ; opposites attract; all life is a relationship. These laws perpetuate motion and change, without which life would cease to exist. And all separated life only knows itself in relation to something else. God is objective - only one -by fragmenting Itself, the subjective aspect of objectivity is experienced.

All life is motion, created by attraction and repulsion. Opposites are created; two aspects of the same thing. One creates the other. They are inseparable, [two sides of the coin, so to speak]  
in/out          up/down          hot/cold          small/large    etc.

The mother of all opposites is the

#### **NEGATIVE and POSITIVE**

yin	yang
woman	man
earth	sun
matter	spirit
fear	love

Each dimension is negative to the dimension above it, thus ensuring evolution. Remember, opposites attract. Unfortunately, this causes a lot of problems and divorces on earth. Remember, there is only ONE being in existence -God - differentiated into various levels of consciousness and energy. These fragments of varying energies and levels of consciousness are relating to each other, creating companionship, and are in motion, being creative, Thus God achieves It's desire!

Consciousness travels this journey of awareness - from atom to God, and it repeats over and over again, perpetuating and adding to the the one consciousness. There really is no personal identity [only group consciousness] until individuality is established and then a soul is created. When the aggregated units of consciousness become aware of themselves, an individual personality is formed and at that point a personal part of God's consciousness joins with the newly emerged personality to travel the rest of the journey together as one being. This is a soul. A snake or cow or tree do not have a soul, but they do have consciousness. A human has a soul. Now just as a human mind has many aspects to it, so does the mind of God . So whatever aspect has joined with the new personality will color their entire existence no matter what life or career they live. So now the soul lives many many lives, on earth and other planets and also travels through all the dimensions , growing and evolving , every moment becoming more aware and more expansive than it was before, but never losing the one self that he is. You are more aware now than when you were 5 years old, but you are still you. Now the dense matter personality created from the earth is negative to the positive spirit consciousness of God that joined when individualization took place. This is the battle we all

endure. You know, the devil on one shoulder and the angel on the other shoulder. This is man's battle in his mind between what we call good and evil, but it's really a battle between love and fear. Since opposites create each other, you must know one side before you can know the other. You cannot understand hot until you feel cold, you cannot understand cold until you feel hot. So all the aspects of negativity will be experienced by every soul so they can experience and know the positive aspects. That is why people suffer, so have compassion. Now everyone is unique and different so some will learn faster and suffer less, but everyone will experience all the negative. The journey of evolution is to conquer FEAR. FEAR is the opposite of LOVE. Fear is the antichrist. Christ is the love aspect of God. Fear is manifested as fear, hate, jealousy, revenge, superiority, cruelty, deceit, secrecy, shyness, doubt, etc etc. Anything that destroys love and peace. Love supports life, nurtures it, expands it. Fear destroys life. When a soul is young it is usually very fearful and very negative but as it evolves it slowly learns to balance the negative and positive sides. All the negative and all the positive exist in every soul. The positive and the negative create each other but can also destroy each other, so consciousness is the mediator or balancer. Standing in the middle so to speak. Without consciousness it would be like matter and antimatter coming together, and we all know what that would create. Now, love given expecting something in return is personality love. Love [compassion, kindness, etc.] given mentally, emotionally or physically, freely, expecting nothing in return is pure spirit love, or God's love. It is the highest form of love and the most powerful form of energy in God. Most humans feel this pure love only occasionally, but as they evolve they start to experience it more and more. The Goal is to exist in this state all the time. I call it the Christ consciousness. This state of love is not just some emotionally charged feeling. It is a mental identification with whatever is not you, destroying any form of judgement you might have had in the past. It's like you are that other thing or person. It is like a oneness and it is a powerful and humbling feeling. Now, You might be wondering why negative energy exists at all, since it destroys. Well there are a few reasons. First destruction is necessary to destroy the old to make room for the new, it is the opposite and creator of the positive, and it is the challenger of your thoughts. That's why every time you think of great idea or of doing something positive for your life, the negative thought will always challenge you. Example-I think I'll start a new diet today! Oh forget it, I'll never stick to it anyway. Imagine a person totally positive; they would love everything, criticize nothing, never form an opinion. Nothing would ever change! Life is constant changing, whether forward or backward, but life never stands still. The negative and positive together create all life. A male [positive] and a female [negative] create all species on this planet and on all physical worlds. Anyway, both negative and positive are needed and here to stay, so we better learn how to balance them. More about this later.

Everything is energy, so energy not flowing correctly or blocked causes problems. There is mental energy, emotional energy and physical energy. All energy has a negative and positive side. When the negative and positive aspects are out of balance, mental, emotional and physical illnesses can occur respectively. As a soul evolves and becomes more balanced they are healthier. The medicine of the future will be a study of different types of energy intersecting and affecting each other. Each new life brings added energy to bring about balance. Help is given when possible. Young souls are incarnated mainly by attraction of similar energy, they cannot choose. If they are very imbalanced or mentally unstable, they will be drawn to parents of similar energy. As souls progress and gain more responsibility they can choose [with guidance] where and when they will incarnate to learn their particular lesson or experience. Many will reincarnate with those they love or are friends with, also those they hate or owe debts to. Remember I said the three lower life forms, [rock, plant, animal] were group conscious, not individualized. They reincarnate through many species in their group, not just one. So an animal consciousness can be a rabbit, a deer, an elephant etc. etc. This way they acquire many experiences, abilities and desires of many forms. Humans do the same. Both sexes, most races and cultures will be experienced. Remember, the soul is both negative and positive. On this planet the negative [female] and the positive [male] aspects were separated as an experiment and to

intensify the experience. A soul coming as a male [positive aspect] will be drawn to the mother [negative aspect] and be [usually, not always, depending on soul level and karma] of similar energy level. Now there is a great law of the universe called "cause and effect". A lot of people call it karma. It is not an eye for an eye type of deal. It means that what you cause you will feel the effect of, or you will live what you think. You bring to yourself in life, a reflection of what you are. So to change your life, change your thinking and your actions. This law has more affect on reincarnated lives than most anything. So the young soul, just like a young human child, starts "soul school" in first grade, and after many many lives graduates from "soul college" with a degree in life and wisdom, and then is ready to move on to other levels of reality and experience. As we evolve on earth, our physical bodies will become healthier and more resilient, our emotions will become balanced and more positive, our minds will become sharper and clearer, [like a piece of coal becoming a crystal diamond], and our souls become more pure spirit than matter, emitting more and more pure light energy. Wisdom is a parameter of spirit, not mind, and grows as the mind of matter transforms itself into the mind of spirit.

Now, everything in life is cyclic. God is cyclic. Everything has it's time. Nothing lasts forever. Everything is subject to the cycles. It is wisdom, it is balance, it is neutral, it is change. There are greater and lesser cycles. We have just entered a cycle called the Aquarian Age which will bring new and powerful energy into our solar system. This energy is generated by beings far more evolved than us young humans. Energies enter our solar system through The Great Bear, the Pleiades, and Orion. Energy is an impersonal thing, and is dual in it's effect,-the effect varying according to the type of substance it plays upon. It can intensify the negative as well as the positive. Like fertilizing your garden will make both flowers and weeds grow more. So an influx of powerful love [positive] energy will increase brotherly love and bring the world closer together, but it will also intensify the love of whatever your love is, whether sex, material possessions, war, or what not. This increased energy will help bring out the best in many but it will also bring out fanaticism and radicalness in those that are prone to those states. So keep your seed of love pure and positive and you will be intensified in that direction. You just might find that you start living in the higher emotional center [which I call the Christ consciousness]. You can go through some periods of emotional intensity and upheaval and will eventually feel a quickening in your physicalness; a vibration flowing through your body. You will feel happier and experience at times such intense happiness and love that you won't know what to do. It will make you cry. You will start to have more energy than you previously had, your mind will be clearer and you will swear that you are smarter than before. You will start to be healthier because your energy is flowing right to your pineal gland[ the seat of the soul], and not blocked at a lower gland. The more you exist in this state, the more it changes you. You start to see the truth of things hiding behind all the actions and manifestations of our lives on earth. It's a good thing. It doesn't demean life, it exalts life in its truth. Once you live this way you will never want to go back. You will forgive yourself and anyone that has ever hurt you because you will understand that they are or where just caught up in the negative aspect of being and didn't know what they were doing. All will come to this realization at some point, and we wouldn't want it any other way.

In spirit, there is no time and space, only the present or NOW moment. All past, present and future exist in the now moment. By creating time and space, or physical realities, the now moment is spread out into time sequences so various aspects of the all can be experienced more intensely and individually [or subjectively]. Physical life is the reflection of spirit into time and space, and creates eternity. In spirit there are only ideas and values. These ideas and values are manifested in time and space. We exist individually only in relationship to someone or something else--otherwise there is only ONE. Thought creates your next moment of reality. Energy follows thought.



As I said earlier, there are 12 dimensions of physical reality, or 12 levels of consciousness [awareness]. In this creation game your fragment consciousness evolves from the densest state to pure spirit state, thus completing a cycle. This takes a very long time. Time is very very slow in the beginning [ as here on earth] and continues to speed up as you move from one dimension to the next. Did you ever wake up from sleep suddenly and feel that you were speeding or moving very fast? It only lasts a few moments and then you adjust to earth time again. That is because when you sleep your consciousness is out of your body doing other things. If you awake suddenly, you have to jump back in quickly and sometimes the waking mind can feel the faster motion of consciousness. On earth you are learning to master [or understand] the physical; the rocks[minerals and elements], plants [structure and nutrition] animals [companionship and food]. Eventually man will become the caretaker and protector of the earth, plants and animals. Man will eventually evolve to being vegetarians because animal meat will be too heavy and dense for bodies evolving into light beings, and because at that point the relationship between man and animal will be much more intimate and loving. Remember, God at present is not one being, but is fragmented into zillions and zillions of fragments. Put all together, they create the one being we call God. These fragments are scattered throughout the entire universe and all dimensions, and they also create that universe. So we move and live and exist in the physically manifested body of God. There are other planets in our solar system but we cannot see them because they exist in another dimension. They are vibrating too fast to be detected . As our technology evolves, we will detect them.

Now, back to us. We evolve first through group consciousness, eg. atoms, earth, plants, and animals, until we became individualized and then a soul was created by a conscious uniting of spirit [God consciousness] and personality [individualized matter]. We are the bridge between matter [out and visible] and spirit [in and invisible]. We are God consciously aware of existing in dense matter and experiencing creation!! Now while rocks, plants and animals cannot control their environment and are left to chance or survival of the fittest, we as conscious soul beings now have the ability to create our lives and environment. This ability is subject to the physical laws of our dimension and the great law of cause and effect. Each dimension has its own laws [science] determined by the energy speed and intensity of that particular level; The speed of light will change from dimension to dimension ,as will atomic structure and density. It would cause terrible problems if dimensions overlapped, so there are barriers to protect or separate. A rock or a plant cannot cross over into our dimension, but man has minerals, animal genes and plant remnants because he has already passed through these levels. There are areas on earth and throughout the universe where these barriers can at times [due to the constant motion of energy ] grow thin and physical anomalies can happen. The famous Bermuda Triangle is one place that comes to mind. A plane caught in that occasional anomaly would enter another dimension and it's atomic structure would not fit, so death and destruction would occur.

As you move up the dimensions, matter becomes less and less dense, more and more light. We are becoming light beings. So say a seventh dimensional being could easily walk through our dense walls, but his dimension would seem as solid to him as ours is to us. You evolve to the next dimension by thinking yourself there. You are slowly doing this through all your lives on this planet. Remember dimensions are levels of awareness. You are learning how to think; as your consciousness expands so does your universe. I would like to say something about using drugs to expand your consciousness. This can be done and has been done by many people, but there are real dangers involved. First, it's like skipping grades and brings confusion, not understanding. It's like taking a first grader and putting them in fourth grade. They will not be able to assimilate the information and becomes confused and frightened. Mental problems can come about. You can become delusional or mentally unbalanced. A strong mind and a balanced personality are needed to balance our known reality against any other reality they experience. The safest and best way is to

evolve naturally and slowly, absorbing and digesting every experience and observing everything you can. Yoga and breathing exercises can help, but the single most important thing is meditation. And what is meditation? Meditation is thinking! It's thinking about something for a prolonged period of time. Following thought deeper and deeper, not letting your mind jump from one thought to another randomly, but following the same current of thought on and on and deeper and deeper. If you do this the answers will emerge out of your own mind, and then you will verify them from your own experience. For everything learned or known must be experienced. So doing drugs to evolve is like trying to cheat experience, and evolving and experience cannot be separated. The Tibetans say "you do not walk the path, you become the path". I would like to add here that what we are learning and experiencing on this little dense planet in our fourth dimension, is just the tiny tip of the iceberg. unbelievable and as yet unimagined wonders lie before us; Telepathy, communication with all species, human abilities only hinted at in our created archetype heroes and mythical gods, technology controlled by thought, etc,etc. Remember, we are fragments [or sons] of God, and when the lessons are learned and we have balanced the positive and the negative, the many laws that guide us and keep us in check, and keep us necessarily safe, will become null and void, releasing us to create and co-create freely! Man will begin to see these changes start manifesting in the coming millennium. Also , read books to get idea, new ideas bring new thought.

Now, God has three main aspects;

**1 Will / Power      2 Love / Wisdom      3 Infinite Intelligence**

The main three are further divided into;

<b>4 Harmony Beauty Art</b>	<b>5 Concrete knowledge Science</b>	<b>6 Abstract idealism Devotion</b>	<b>7 law [ceremonial and ritual] Magic</b>
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Now one of these 7 aspects of God's mind merged with every individualized personality when the soul was created. All souls contain various amounts of all aspects, but the merged aspect will always predominate. It's impossible to know what aspect of God you are until you have evolved for quite a long time. Every soul will live many many lives and have many many careers, but eventually you will start to sense a certain thing about yourself that is always there, hiding behind all the roles you take. And all aspects , while not equal, are necessary to complete the one God, and are equally important. And while I have just listed the aspects in words, believe me, there is a lot more to them than the stated words. I hope to expand on this later. Now planet earth is evolving also, because everything created evolves [or changes constantly]. Every moment, you are different from the moment before. Now due to the growing awareness of millions of people on earth, we are now positioned with enough souls, to begin the transition to the " fifth " dimension. Man being the highest form of consciousness on earth, has the most powerful energy and thus affects all consciousness below it. As man slowly moves his consciousness to the fifth level of awareness or dimension, he will help pull the lower levels up also. So the earth [rock, plant,animal] will also move up to the next level. Animal to the fourth, plants to the third and rock or earth to the second. Remember, everything interacts and affects everything else. Communication between species will begin. This transition will be slow and take at least two thousand years. This was what the Mayan Calendar prophecy was trying to tell us. That a new cycle was beginning ; a cycle that would take man to the next dimension. When a new cycle as dynamic and powerful as this happens , our reality ,or dimension is flooded with a more evolved, or more positive energy. This positive, powerful energy intersects with the energy

here, causing many different effects. The more negative our energy the more destruction will happen[ remember matter and antimatter coming together!] Thank goodness there were enough evolved and balanced souls, whose energy offset total destruction, as happened in the time of the great flood, when the coming cycle caused almost total destruction. Man doesn't realize yet how important and powerful his consciousness is. You can see man's effect physically on this planet; on plants and animals and the planet itself [good or bad as determined by his emotions and mind], but if you could see the energy of your thoughts swirling around each other, around the plants and animals etc.,you would have a much greater understanding of how we affect each other, whether with positive energy, or negative energy. You would become more responsible with the most powerful thing you possess--your thoughts!

OK, let's discuss groups. As I previously said, all units of consciousness are part of group consciousness before individualization [or self awareness] takes place. That is a good thing, they are not left floundering alone in this vast universe . They draw support and knowledge and experience and love from the group. When individualization takes place , separation from the animal group takes place. It is now time to stand alone, sink or swim, develop a strong will to perpetuate oneself, to develop a strong ego, a strong sense of self. Souls going through this stage cause the most havoc and stress in our world . They are uncontrolled, totally selfish, have no experience to draw on and don't know what they are doing. Older souls will look on them as deviants, radicals, morons, trash, sociopaths, etc.etc. Every soul must take that first step, so don't hate them, just try and stay away from them, or they can suck you into their chaotic world. Of course, some brave evolved souls purposely deal with them to help evolve and guide them. One word of caution here, don't try to stereotype or categorize people as to soul level, it is not possible to know at this time. You can guess, as I've been trying all my life, but there are too many variables and unknown circumstances to be sure. The only sure way is to see the light of the soul and we are not evolved enough to do that yet. And what is the light of the soul? A star in outer space is a ball of energy and it glows with light. Some stars are brighter than others. Your soul is a ball of energy that glows with light, and the more your energy is flowing ,the brighter your light. As you evolve ,you begin to balance the energy of matter with the energy of spirit . When you are totally balanced ,the energies are so calibrated [like a perfectly running machine], that your light is brilliant. As we evolve to higher and higher dimensions, we keep transferring more and more of our energy to spirit and less to matter. We evolve to spirit or pure light beings. So just treat everyone with respect and kindness and you are good to go. But I'll give you a few hints. A very young soul is very negative and fearful of change, unsure of most things and needs a lot of security. As he evolves he comes into his own and can have a strong ego ,but he sees life in black and white, or good and bad; he wants everyone to think and be like him, because it is the right way. Then comes the stage [the hardest stage], where all the previously held ideas start to be questioned, life is becoming gray, not black and white. The subjective subtleties and underlying currents of life are beginning to be felt. These souls want to run away and hide at times. This is the stage where real stress is experienced. A lot of therapy can be sought at this time. This is the stage where the real battle between the positive and the negative takes place. Older souls come to an acceptance of the ever changing aspects of thought and life. They start to see the immensity of it all but it's ok and they just go with it. They don't give a dam what anyone thinks as long as they don't bother them. Their fear is at a low level and usually aren't bothered by bugs, dirt, germs, critters or change. They go with the flow, so to speak. Many seek simple and peaceful lives. Emotionally speaking, younger souls swing the pendulum of emotion more widely and more to the negative side. Old souls swing the pendulum only a little and more to the positive side. And the kicker is; after you have learned all you can on earth, you progress to the next level, where you start learning and experiencing that reality. But it's easier and happier.

Anyway, everything in life is part of a group. On earth we belong to many groups. We are born into a family group, we are a racial group, maybe a cultural group. We can belong to a career group, a town group, a country group. We have hobby groups, sports groups, etc. We identify with many groups. Well, we have a soul group too. It's like a spiritual family. It is that aspect of God's mind that merged with, and became one with you at the time of your individualization. I'd like to mention here that that aspect of God's mind wasn't randomly assigned to you. It was drawn to you by the attraction of your type of personality. So the personality created from crawling up the ladder of matter over eons of time, attracted it's equal aspect from the personal [not impersonal] mind of God. The bottom equals the top so to speak. And here you are!! Now, in the lower levels of soul evolution, there are many groups, but as evolution proceeds the groups join until there are only three;

**1st group** - will / power

**2nd group** - love / wisdom

**3rd group** - infinite intelligence

Now everything is energy, all energy is conscious, from impersonal consciousness to personal consciousness to group consciousness. It does not matter what group you will evolve in or what path or method you use. One is not any better or worse than the other, just different. All roads lead to Rome, so to speak. Your life is determined by your thoughts and propelled by your desires into physical manifestation where you get to interact with others doing the same thing. And what is the reason or purpose for taking millions of years to create uniquely individual personalities, and then merging them with different aspects of the only being that exists? You are now one with this being but also separate. I told you opposites create each other, and the reflection of spirit and matter create eternity. Companionship now exists, on intimate levels that will unfold as you evolve. Creativity is alive and well on all physical realities. Boredom has been alleviated. All is well in God. This is a game so to speak, a game on a universal scale! A game to prevent boredom and create joy and happiness; to physically and slowly and intensely experience what in the spirit world is only an idea, or a thought! Thought is intangible, matter is tangible. Everything in physical life [matter] is a symbol of a thought. EVERYTHING!! Life is a gift. And since we, on planet earth, exist in the densest dimension, our time is the slowest. Our thoughts and desires, {if strong enough} materialize, or come into our physical lives so slowly that we don't realize that we are creating them. We experience our emotions more intensely than anywhere. But that also creates a lot of problems on earth. That is why it is so important to learn to conquer fear and balance the negative and positive. Now, earth reality is where most of us began. [Many souls had their beginnings on other planets, but reincarnate on earth to experience the unique, densely physical, separation of the positive and negative, and the loss of all memory]. So after the soul was created, the physical had to be mastered first and the body was developed to be the best possible vehicle for the soul to evolve in. This has been accomplished satisfactory for our present and future needs. All routine survival activities have been delegated to our subconscious, giving our consciousness more freedom. All the genes we will ever need already exist, waiting to be activated. Did you know that all the billions of cells in your body have their own collective body consciousness that is directed by your mind and emotional states. Illnesses will eventually be eradicated as science masters not only the physical but also the emotional and mental energies. Now comes the emotional mastering. Emotions are like a pendulum, swinging widely to the negative and then to the positive and this goes on and on forever. When the pendulum swings widely all the time, you have someone who is bipolar or manic-depressive. These poor souls have no emotional balance yet. They are probably young emotionally based souls. All souls have bodies, minds and emotions, but to varying intensities depending on many factors such as the created personality, the merged aspect, karma, astrological energies, cycles in play at that time etc. etc. Some lives are lived to develop emotion. Some are lived to develop the mental.



WE all know people who are physically oriented, others who are mentally oriented and those who are very emotional. And since opposites attract, emotionally based people are drawn to mentally based people and vice versa. All souls seek the high; the ecstatic state of being. Some souls, usually the emotionally based ones, have less control over their emotions, less discipline. This can cause their lives to spiral out of control more easily than mentally based souls. Their consciousness is preoccupied with the emotional aspect of life. A balanced person will be more focussed in the mental. More problems arise from emotions out of control than minds out of control. People love their emotions, and wallow in them deeply, even the sad negative ones. They think it makes them human and feel alive, and it does, but when the emotions are heading downhill to the dark side or the negative; stop them consciously. Refuse to participate. It takes practice but it's well worth it. All negative emotions, if meditated on will always be born out of FEAR. Fear of the unknown, fear of not being loved, fear of being alone, fear of loss of control, fear of being poor, starvation, hated, used, trapped, etc etc. I could go on forever naming things people fear. Fears can be acquired not just in this life, but in any life you ever had including the animal consciousness before you individualized. But it is just wasting energy of thought and emotion by projecting into the future fear of something that hasn't happened yet. But by their continued or constant projection, they are actually creating the very thing they want to avoid. You will eventually bring whatever you fear to yourself until you no longer fear it. And some fears lie deep within our subconscious, conditioning our behavior, and need to surface to the outer conscious so they can be addressed and released. We waste much more energy worrying and fearing things than actually just dealing with them. So catch yourself, become aware of what you are thinking and feeling. If you see yourself ready to flip out or cry or get depressed, get up, do something to change that emotional slide. You control your thoughts and emotions. Why let them control you? Ask yourself WHY you are mad or upset. Then ask why to the answer you gave for the first question. Keep asking why, over and over and you will be amazed at what you will find out about yourself. The pendulum will forever swing, so when it's swinging to the negative, stop it so it doesn't go in too deep. Then it will swing back to the positive sooner and you will start to be a happier person. Most people on earth at this time are focused in the emotional aspect, as the state of the world shows. But there is a large group that are transitioning to the mental aspect. The mind, not controlled by emotion is more stable, logical, neutral and clear." The mind can help release or free you from your fears. "Let reality govern your every thought and truth be the master of your life." So now the subjective is striving to be objective. Now I want to tell you that while young souls have more screwed up lives, it is the more evolved souls that truly suffer more because they are more aware and see what's happening; going crazy trying to figure things out. You can't rush through this evolution thing. There are laws and cycles that govern everything. The best advice I can give to ease the suffering and stress of evolution is to subdue your emotional side and try to view life in a more mental aspect. Both sides always exist side by side, but does your emotions control your mind, or your mind control your emotions? Fear of the unknown will always exist, but by knowing this and by keeping yourself positively balanced, you can have hopeful anticipation instead of fearful dread.

The answers we seek are all around us waiting to be acknowledged. Awareness comes through three methods and ideally we would use the three equally and be a balanced person, but that not the norm. You can learn through the observational mode [mind], or the emotional mode [love], or the creative mode [intelligence]. One of these methods will always predominate. One great hindrance to evolving is Fear of "diversity". Diversity is life, not to be hated and feared, but embraced, and nurtured. Remember, diversity [ the many ] is the opposite to God [the one ]. They create each other. So when you are involved with your problems and sufferings, and also your good times, step outside yourself, as if you are watching yourself from a distance, and see the play you are in, and the role you are playing. See the roles the others are playing also. Know that you encompass all roles, and are drawn to this one due to your thoughts and emotions to experience something you desire or need. So stop worrying, everyone is who and where they need to be. We just need to put out a

helping hand, to help pull each other up this ladder of evolution, no matter what step of the ladder we are on. So don't waste time and energy, [because we are learning how to use energy also ] on sadness and worry. Realize the cyclic pendulum of emotion, and realize you are experiencing one moment in time to be followed by the next moment. Change your ideas and values [or thoughts and emotions ], and your moments in time will follow. There are many many different types of lives being lived on this planet; don't resent your life or envy another's ; every soul will live all these types of lives at one time or another. Embrace the positive aspects of the life you are living now, the freedoms or challenges or special aspects of your specific life. Some lives are much harder than others, like some classes in school are hard and some you just breeze through. Usually after a difficult life you will have an easy one to give yourself a break. Can you separate worrying from caring; they seem to go hand in hand. Caring is a positive awareness, born of love, which sends positive energy to the person or thing directed at. Worrying is an emotionally negative thought scattering chaotic energy around the one generating it. It doesn't help the one worried about or the one worrying, it's a waste of time and energy. So take your caring to action and throw worry away.

Now, where do you go when you die? Well that depends on you. We can dispense with the primitive ideas of heaven or hell, created by people who just wanted to control others and lived in fear themselves. Very young souls usually sleep between lives because they cannot deal with much more than that. They are taken care of. Upon death, you first separate from the physical body, and can stand {so to speak} next to your old friend [your body that carried you through life] and say goodbye. It takes about three days to totally separate ,physically, emotional and mentally from the life you have just lived . More advanced souls don't need this time. If a soul is very afraid of death or doesn't believe he will exist after death, he can go into a state of sleep shock, where he will linger until he wakes himself up or others wake him up. There are many souls, whose job is to work with these types; to help bring them out. Just like on earth we have people who work with souls that have emotional or mental problems. In spirit, you can create instantly, so if you expect hell or heaven you can create that, and that again will demand the help of other souls to help you out of your totally subjective lonely illusion. Earthly desires, if intense enough [eg. sex,eating,drugs etc.] can keep you bound within the atmosphere of the earth. Most souls on earth are emotionally centered, and cannot bear to let go of loved ones or things that they are emotionally attached to so they create their loves and also their fears over and over again, in a self created illusion. This problem is magnified by the ignorance of our religious leaders ,psychologists and scientists who should be addressing this area of our lives, but stand in silence. There is a wealth of information about reincarnation and after life experiences, besides much esoteric writings, but mainstream intelligence refuses to acknowledge it, keeping the masses screwed up after death. Nobody wants to talk about death, but you will spend three times more dead [or spirit] than you will spend alive [in one of the physical realities]. As we evolve, some people will develop the ability to see the soul leave the physical body at death, and science will develop technology to detect that also. After awhile people will begin not to fear this transition to another type of life.

Anyway, souls will be helped with their emotional issues [if possible] and move to other areas of learning. If the physical and emotional issues are dealt with easily at death, the soul can consciously die and not get lost in illusion after illusion. This was originally what the Egyptian Book of the Dead was about; trying to help souls transverse these problems after death. Now, souls that are becoming aware, and are not so controlled by the physical and emotional aspects of themselves, and are focusing more of their energy into the mental aspect, will be more willing and prepared to experience more objective realities after death. They can go to [according to their level of understanding] to other realities of thought, or other physical [not as physical as earth] realities for learning and experiences. There are many teachers [as on earth] to help explain and satisfy curiosity. Many today ,groping through these lands of self made illusion will one day be excellent teachers

helping future souls. Do you get the picture? Evolution and awareness and responsibility never end, whether dead or alive. As to what part of the universe you will be needed in , or as to what you are really really good at. Only time and you will figure that out. The universe is wonderfully ordered to bring evolution to all. Thought is limitless, so someone will always be thinking something new and different to experience. Rules and laws are created for those that need them. Freedom awaits us all when we have freed ourselves from the control of the negative, and choose to live in universal love and brotherhood. As soon as you became a human soul it became your birthright.

Do souls ever cease to exist? God cannot destroy a part of itself, but a soul can destroy itself. This is extremely rare because our desire and will to exist is the same as God's desire and will to exist. Only an individual fragment that continually seeks to exist in the unbalanced negative can eventually annihilate itself and its God given energy absorbed back into the whole. Remember, every soul contains all the negative [fear] and all the positive [love], and love will eventually overpower fear.

OK, I've emphasized the balancing of the negative and the positive, because they will always exist [yes, in all creation]. People think that when they die everything is pure bliss, but that cannot be. Remember the atom, the negative, positive and neutral basic unit of all life. Thought is the neutral that is derived from spirit, which is positive. When thought produces a creation it is only with the action of the negative. action equals reaction. That's why the atom has a nucleus of the neutron [thought] and the proton [positive] and the electrons [negative] are spinning around, eager to create. Now if a person is being too negative, his thoughts will invariably be drawn that way [like a powerful negative charge], creating negative creations that affect him and others. So by keeping our thoughts in positive charge we create positive creations for ourselves and others. In other words we don't destroy the negative but use it wisely. I know it's very hard to realize that our thoughts create all realities, physical or not physical, because we only know this physical earth that has been objectively created for us to learn in. But by now people should be seeing how subjective life truly is. As the Dalai Lama said, "

Be mindful of your **thoughts**, as they will become **words**

Be mindful of your **words**, as they will become **actions**

Be mindful of your **actions**, as they will become **habits**

Be mindful of your **habits**, as they will form your **character**

Be mindful of your **character**, as it will become **destiny**

And **destiny** will become your **"life"**

So remember, cause and effect, action equals reaction, thought creates your life. OK, so the emotional pendulum swings to and fro, negative to positive, with neutral consciousness in the middle. But the pendulum never stands still. It can swing wide or it can swing just a tiny bit, or anything in between. That's up to you.

Unbalanced negative	Balanced Negative	Neutral	Balanced Positive	Unbalanced Positive
"evil" person	pessimist, hard	pure	optimistic, observant	silly, gullible, impressionable
controlled by all	critical	thought	kind but also wise	ineffectual
the negatives	indifferent			empathy

***Keep your swing more positive than negative***  
***Emotion creates the thought, so keep it balanced***

OK , so lets discuss time. Time is relative, or different to each dimension. A rock experiences time slower than the plant, the plant slower than the animal and the animal slower than a human. We experience time slower than a fifth dimensional soul. Time is a parameter of mind which is the physical reflection of consciousness. When your mind is busy with concentrated thought, time goes by faster than when you are bored and your mind is just floating around. Time exists only in the physical realities, or space. The Big Bang was the beginning of a sequence where the One started expanding [or fragmenting]. This expanding of the universe [or fragmenting ] will continue until some point and then reverse and start contracting [uniting] until there is only the One again. Then the expanding will start again. There are schools of thought that say this expansion and contraction is happening simultaneously. Time slows with expansion and speeds up with contraction.

Consciousness at the outer areas of expansion or fragmentation speed up as they evolve or contract [unite] to the core[the One]. Space also expands and contracts. So souls form groups, and these groups keep uniting into larger and larger groups. Even while uniting into larger and larger groups, individual identity always remains, BUT.....all the individual souls can come together, if they so choose and be one mind. Separate but one at the same time. This ability doesn't exist on earth. Our souls are to young to do this yet because fear has too much power over us still. Although there have been many people throughout time that were able to tap into the universal consciousness at times in their lives, usually to bring new knowledge or great art or great wisdom to the planet.

Now, Since evolution continues forever, each dimension or level of consciousness is evolving, not just ours. And since all levels are really part of only one being [God] , what happens in one, can ripple outward and affect the others. The higher the dimension, the more powerful the energy of thought, so the higher levels will have more affect on the lower level than vice versa. Anything that happens in the universe, affects all other parts of the universe, and all parts are aware, some consciously and some subconsciously and some unconsciously. All physical and spiritual realities are connected. If you cut your arm and bleed, within microseconds the rest of your body is aware, via your nervous system and cellular communication. The micro is the pattern of the macro. Thousands of changes and responses are happening in your body in response to the one little cut. Well the universe is the same. We experience changes and effects on our little planet that originated in other parts of the universe, and our level of consciousness [our dimension] experiences affects from other levels of consciousness [or other dimensions]. All is connected.

Now! let me take you to the previous paragraph where I said souls could come together and be of ONE mind. What does that mean? Well, on earth, we communicate to each other fairly superficially and it works. But have you ever been hanging out with friends and you express yourself somehow, and you want them to know what you are feeling and where your mind is at at that time. You watch their reactions and facial expressions and you listen to their responses, and you know that they are not connecting to exactly where you are at. You accept what you get and go with it. But you know that they didn't understand exactly what you wanted them to. We all feel this, and it's frustrating , but we accept it. Communication is a big problem on earth and creates a lot of problems for people and the world. Well what if someone felt and thought the same exact thing as you! You would look into their eyes and see the connection. They would feel the same sense of humor, or irony, and they would feel the same power or doubt and the ripples of your consciousness [you know, all those other thoughts you are having at the same time, but are trying to ignore, thinking you can only think one



thought at a time,]. They would be you, and they would never judge you because it would be them also. The loneliness we humans experience, would cease to exist. True brotherhood would begin.

If you think physical intimacy is great; well don't we all, But even while being physically intimate, you do not really know what the other person is thinking or feeling. But the Big kahuna is to -think and feel- the same thing exactly. The ultimate intimacy! We feel that we are separate from each other only because we all have different thoughts and feelings at different times and at different levels. But if we were willing to experience another soul at their time and level there would be no differentiation, just a different time and aspect . All thoughts and feelings are valid. Of course with the magnitude of souls and all the various levels this relating could take a long time. But wait, each soul would add a different color, or note, to the same generalized feeling or thought. The subtleties and innuendoes would be endless. And I thought it would simplify things. Differentiation grows exponentially creating infinity. I knew you would be glad to hear that! So, how are we going to figure out whats going on, and I'm speaking to those that are beginning to feel the undercurrents of the reality we are taught to believe in. Those that are starting to think for themselves, and play with thought. This isn't deep or abstract, It's simply looking at the thoughts you have. Nobody looks at their thoughts, or thought patterns . Everyone goes through life looking at the outside, never looking at the creator of the outside.

Remember, you need to balance the negative , because no evolved soul would want to merge with a mind that was wallowing in hate or fear or any of the "unbalanced negatives". It also means that you have evolved to the point where you truly love and accept yourself, even knowing that you are not perfect. It means that you would not need to hide your thoughts from anyone, which means that you are not ashamed of anything you think. We always hide from others, things we are ashamed of or things we fear will be judged badly, made fun of,etc. So imagine, no judgement, just acceptance and love. Laughter and love together is a great high. So, when you look at the world and see all the problems we have, have hope, knowing that evolution is slow, but great changes are coming. Hope is believing [or knowing] that something good is coming, and each person that has hope for our little earth, helps create it with the energy of thought. Then take that energy of thought, and propel it with positive desire energy into physical creativity.

Now, lets discuss consciousness. We will divide it into the unconscious, the subconscious, the conscious, the higher consciousness, and the universal consciousness. All these parts are really only one thing ,but dividable only to the extent of awareness or focus. Unconscious really doesn't exist, but we might say that atoms,gases,minerals,chemicals and rocks and earth have such minimal awareness that we might say they are unconscious. Plants are much more aware; they feel and respond not only to nutrition, and environment but also music and human love. They exist in a state similar to the subconscious. Animals are conscious and live in the present. They forget the past quickly and never think about the future. They have no guilt, and can not anticipate or worry about the future. Their main drive is survival and reproduction. When in close contact with humans and receiving love, [not kept for food], they can evolve much faster. The animals evolving fast on earth now are the dog, cat and horse. Now each animal embodies it's own aspect also; the dog embodies the second aspect of love/wisdom ;the cat embodies the third aspect of active intelligence; the horse embodies the sixth aspect of idealism/devotion, elephants embody the will/ power aspect. Now humans, have access to all levels of consciousness, either through evolution or the merging of God's personal aspect. Man is never unconscious, in sleep or coma or surgery , his consciousness is elsewhere. Man's subconscious is a huge storehouse of all previous experience, delegated physical functions, and loads of suppressed or unwanted feelings and thoughts. Man's consciousness is focussed outward into physical reality now, but is capable of focussing into other realities if he knew how to. Most people can't deal with our own reality, so I don't advise them to look for another. That will come when the time is right. The higher consciousness is your group soul, that spiritual family you

belong to. You can access this through meditation and evolution. When you die, you will join this group [if aware] , until you go off on another journey or life. After your higher consciousness, there can be many groupings of consciousness, an example would be the collective consciousness of all beings on earth. The universal consciousness is of course God's consciousness, which encompasses all consciousness. I imagine that at some far distant time, the universal consciousness will be our consciousness also.

Now, I'd like to interject here that while this information is timely and appropriate for our level of evolution, it is not necessary for people to understand it or accept it, in order for them to evolve. Remember all are different, and if they are content with their concept of God or life, then so be it. Life and experience will evolve all. All the pieces of the puzzle will eventually come together. This is given for those who are not happy with current religious thought or with the totally scientific explanation either. God and science are the same thing. I believe science will eventually contribute to more belief and understanding of God than religion does, especially physics and astrophysics. Astrology will be a very important science in the distant future, but not the astrology of today. True astrology is the study of the various types of energies, and forces of energy, cyclically intersecting and affecting other energies. It will include all the energies [or consciousnesses] of the universe, and how they impact each other, including us. Remember, all physical manifestations, whether a particle or atom or stars and galaxies are representative of some form of energy propelled into physical existence by some consciousness that has it's home in the invisible world of spirit. I believe the invisible world surrounds all visible matter, like dark energy surrounding matter. These energies have affects and effects on all of us ,but that knowledge will come in the future. Remember, we are that bridge between matter and spirit, and exist in both worlds. When man evolves he will be able to manipulate matter with the energy of his consciousness as Jesus Christ demonstrated a few times in his life on earth. I'd like to add that I am trying to bring the Eastern mind and the Western mind together on common ground. The eastern mind has always been more mystically oriented, while the western mind is more science oriented. The eastern mind tends to take things on faith alone, while the western mind always says "prove it"! It's time for these two valid types to join, for they are both incomplete without the other. Total faith and total science cannot stand alone. It leaves too many unanswered questions on both sides. The answers come when they unite. The invisible and the visible coexist. They are just reflections of each other. It's time to acknowledge both. You have to believe in something before you can experience it. If you only believe in hard core physical science, then that's all you will ever see. If you only believe in your primitive religious teachings, [yes there are many who still do, even in this day and age], you will be denied the magnificence and order of this our universe. There are fanatics on both sides. It's time to integrate one into the other. Both will grow and flourish tremendously when this is achieved.

Now, I'd like to say a few words about "aliens". As I said before, souls come into existence on other planets, not just ours. Other planets are not like earth. Earth is an experimental planet and very different than any other planet. Because of the density and slowness, earth has more variety of species, plants, climate and differentiation than any other planet at this time. On other planets there would most likely be only one climate on the whole planet. The ensouled species might all look the same. On our planet we feel totally physical. On other planets they don't, and so can experience their physical reality in relation to also feeling ethereal. This helps them evolve faster than we do on earth. They must evolve through conquering fear and balancing the negative and the positive as all souls must do, but it is easier, and thus quicker. Now the UFOs that come to earth are many different and various ones. Some are simply holograms. These come from beings that exist in higher dimensions. They have no interest in us except to monitor us, and possibly help in case we are close to destroying the planet. Planet earth is too important to be allowed to be destroyed. It is unique and different from all other planets. Other beings come because they have mostly destroyed their planets and are

looking for a new home. These are the ones doing abductions and biological testing to see if they can exist in our environment. There are some negative "aliens" that are kept at bay by the more evolved ones, especially the ones that came in times past to jumpstart our evolution by genetics and teaching. These are the ones talked about in the ancient alien shows. The colony of Atlantis was started by one group, and after the great flood those that survived went all over the planet to continue the upgrades to man and civilization. All the advanced technology of ancient sites are from them. The "garden of eden" in Mesopotamia was another group of higher dimensional beings that also did genetic upgrading and taught civilization to primitive man. The third group were in the Tamarin Basin in China.

There were three groups that upgraded our genes and taught primitive man. And to this day, these three groups keep an eye on us as older brothers would. Now the entire planet was not upgraded. It was an experiment to see how the different groups of humans on earth would evolve, expecting the spreading of peoples and cultures across the globe. Unfortunately that didn't happen as most groups kept tight to themselves. Most upgrading was done in the northern hemispheres. So look at our planet and see that all is not equal. But the spreading did start eventually, mostly through invasions and war. And in our present time the spreading of peoples and culture continues, still due to warring, but mostly due to commerce or economics. Now I know that I said that dimensions cannot overlap, but these beings from higher dimensions have the knowledge and technology to step down their time speeds and be present and visible in our dimension. These evolved beings have been coming to help teach us ever since individualization took place. They taught these near animal people the beginnings of language, animal domestication, farming, how to build structures to live in, and structured societies. They remained for long periods. Later they introduced metallurgy, forms of writing, preserving food, water systems, societal rules and yes---a belief in a supreme God. This belief was important to be perpetuated so it would be passed down through the ages. Remember, thought creates! Of course, trying to explain the concept of All That Is to primitive man would be impossible, so basic concepts were given. Then primitive man made gods out of the teachers and anything else that they couldn't understand, like weather, volcanoes, etc. As man's mind evolved he stubbornly held fast to his primitive idea of God as a superman floating in the clouds who would judge us and punish us if we didn't obey the rules of whoever made them up. We are growing up; it's time to leave these childlike ideas behind and move onto a more expansive and metaphysical concept of All That Is. There have been a few highly evolved souls that have come to our planet to teach and enlighten, but none ever started a religion. Religions were started by men who imposed their rules and restrictions with their thoughts and fears. Jesus Christ was the most evolved and gave us the most truth, but his words were distorted and misinterpreted many times to fulfill the desires of men. Jesus was the reincarnated Buddha.

Anyway, when our older brothers saw that knowledge and culture was being passed down generation to generation, they left. It was felt by the hierarchy of the universe that the souls evolving on earth were at a disadvantage due to the dense physicalness of our planet, and evolution would take too long if left to our own devices. Remember earth is unique in all the universe, very slow and totally physical. It was an experiment to create the most beautiful and varied planet in existence. Desire and emotion are experienced here more intensely than anywhere in the universe. Unfortunately, souls become so physically engrossed and so preoccupied with their desires that many stopped evolving and just kept recycling themselves only on earth. They refused to leave the atmosphere of earth. This cannot be. It's like bringing the evolution of the universe to a halt! Remember life is change[evolution]; one cannot stay at the same level forever. So now on planet earth we have masses of people refusing to believe or think about any other type of existence besides our very physically oriented reality on earth. This causes a lot of problems for them and the universe when they die, not to mention overpopulation on earth. Fortunately, millions of souls have

volunteered to come and help . They are here now, living and working, trying to improve life and influence their brothers to move on; beyond the material, beyond hate, beyond narrow-mindedness, beyond selfishness, beyond greed, beyond obsession with sexuality and power and material wealth. Remember, you think yourself to the next dimension. Unfortunately, people seem to learn only when disaster strikes or suffering occurs, so lets hope people open their minds and hearts sooner rather than later. Global warming is creating havoc, but weather is also caused by the thoughts and emotions of people. I told you that man has the most powerful consciousness on earth and can bring disaster upon themselves through unbalanced and negative thoughts and emotions. In our present time [2015] three major factors are affecting our world. One is global warming brought about by man. One is natural cyclic changes brought about by our slowly shifting magnetic poles. and the last one is this influx of new energy interacting with the energy of man and earth itself. These three are the main causes; the effects being upheavals in climate and societies and the planet itself. Today, higher dimensional beings still try and help evolving man, but now it is done through "channeling", or communicating directly with a persons mind. The minds of primitive man were way too dense to achieve this type of communication. That's why they had to physically come to our planet and teach them like very young children would be taught. When reading "channeled" books, know that these souls exist in a different reality than us, but are just souls, like us. Some will be highly evolved and some may be no more evolved than us. If the information is coming from a collective or group consciousness, the information will be more accurate. They can give good information and advice at times but beware if they start telling you the future or telling you that you must do this or that. They cannot give the total picture or answer to your questions, only their perspective on it. The universe is like a giant corporation, with many many departments and divisions at present. And like any department ,they know what they know, but they do not know everything in the corporation, and unfortunately the CEO isn't in. So read these books and expand your horizon, just don't let anyone control or limit your own thoughts and ideas. Beware of anyone that says they have the only truth. This universe is too immense and fragmented to have any one truth rule it all. In truth, the only thing I can guarantee to any soul is that consciousness [or thought], and emotion [love and fear] exist. Question everything, and rely on your inner feeling, before jumping into another's frame of thought. I know that some reading this article will think that I am crazy, and others might believe it. But it doesn't matter to me, because I have achieved my goal of putting it into your consciousness. What you do with it now, is up to you; but even if relegated to your subconscious, it will synthesize and grow, as all seeds of thought grow, and hopefully expand your consciousness.

Now, with global warming, it's not just the planet heating up, there are many many factors and results, as our chaotic weather is starting to teach our scientists. The end result is not a burnt planet, but an ice age [a few scientists are agreeing with this theory] It is very important for humans to become responsible for our little planet. As of the time of this writing [march 2015] only a small minority really care about this planet, our mother matter, who we emerged from. If an ice age occurs, this planet will be uninhabitable for thousands and thousands of years, leaving millions of souls caught in the atmosphere , unable to evolve past the atmosphere of earth. Become responsible, even if it's just a small thing you do. It will make a difference. A lot of small things make a big thing. Think lovingly about our mother earth. She will feel it! Then prove your love with your actions! And don't forget the little ones, all the animals and plant life that are behind us in this evolution game.

OK, now lets look at these aspects of the One being that created all physically fragmented aspects. I don't have the knowledge to explain how all these energies and forces played upon each other to create the first atoms and gases and elements which by the laws of attraction and repulsion came together to create the first stars and planets. I will simply say that the mineral kingdom is representative of the first aspect of "power" and the seventh aspect of "organization". And we all can definitely feel and see the great power of our great mountains rising up to the sky, the earth moving



under our feet as in an earthquake or a meteor crashing onto our planet. With our technology we are able to see stars being born and stars dying , even galaxies colliding with each other. The power that exists in our universe is great indeed. The plant kingdom is representative of the second aspect of "love" and the fourth aspect of "beauty through harmony". The plant kingdom covers our planet with a magnificent variety of forms and beauty, providing food and shelter and life to the animal world. And we always give flowers to the one we love. Each dimension draws energy from the previous level to exist. Remember, all is truly connected. The plants draw their nutrition from the earth. Animals eat the plants for their sustenance. Now, due to the experimental nature of our planet to create all the extremes of the opposites, we have many situations and environments that are unique to our planet and so we have many lifeforms existing and thriving in a variety of ways. Life ,with it's will and desire to exist, will always adapt and find a way to perpetuate itself. OK, so now we have the animal kingdom, that is a representative of the third aspect of "active intelligence {instinct} and adaptability" and the sixth aspect of "devotion" [as seen in the more evolved ones]. Also note that as we are moving up from level to level, or kingdom to kingdom, the diversity is expanding. In the animal kingdom all species are totally group conscious, such as bugs, fish, birds , reptiles, etc., becoming mammals as they evolve. Mammals start to self identify and even develop deductive reasoning, as opposed to instinct or programmed intelligence. There are many levels of evolvement in the animal kingdom just as in the human kingdom. So the mammal animal consciousness reincarnates as many mammals, [Evolution is always an upward spiral; one doesn't evolve back to a lower level] and acquires the abilities and knowledge of many different types of mammals. Now the aspect of "active intelligence" begins to play upon it's consciousness. Anyone who has dealt with animals knows that some are a lot smarter than others, and so are more evolved. This can not be said with humans because being "book" smart doesn't mean you are evolved. It means that you studied books. They can go hand in hand though. Anyway, I don't know how long it takes for a mammal to become self aware enough to create individualization from the group. I imagine it's a very long time and I also believe that it has to do with cycles of consciousness from outside our planet that help make that final push into complete self awareness. Now, when the animal becomes permanently self aware the impersonal [or herd oriented] consciousness has now jumped to personal consciousness [the personality formed from crawling up the ladder of physical matter]. Remember this when you look at all the animals living among us, and remember that was once you.

And now, due to the law of attraction, the personality of matter attracts it's opposite, which is the personality of spirit . Thus a personal aspect of God's personality [or consciousness] is drawn to the newly emerged consciousness of matter, and now we call this union a Soul. This union is a relationship between the individualized personality and the merged consciousness of God. Now, let me digress, and tell you another reason why earth is so unique. When born into the atmosphere of earth, all memory is erased. This is not true in other dimensions or even true in other realities in our dimension. This leaves all earth souls with complete freedom of thought; no preconceived ideas, no collective consciousness, no nothing . We don't have any idea what's going on and we are guessing all the time. This gives us total freedom to think whatever we want to. We are isolated in our minds. On other planets they have telepathy, in spirit, there is memory and or group consciousness. On earth, you can choose any idea or belief you want. Granted, there is a lot of weird and extravagant thought out there and our earth has a little bit of everything, but it's freedom of thought. Think wisely, this is the real you. Only here does this freedom exist, and it proves who you are at this point in your evolution. This is another reason why our experimental earth is observed and monitored by beings from outside our system. They are curious, and waiting to see how we evolve, and how we will physically manifest ourselves and our world.

Now, the only thing that mystifies me is why, with this freedom of thought, do some souls want to control others, make them think and do what they want you to. Why is that important to them. Why

do some want to amass huge amounts of wealth at the expense of so many. They are going to die and not be able to take it with them. I can only assume that they are souls manifesting themselves negatively. Meanwhile , these souls are screwing up countries , and basically the whole planet. With secrecy and money, they get away with manipulating our governments, our health care systems, our education systems, our justice systems , our financial systems and our environment. I want to beg my fellow souls to speak out when they see or have knowledge of something anti-freedom of thought and life going on. If we don't know about it, nothing will change. It will just get worse. Find the courage that exists in you. Take a stand and speak out. Help your brothers who are suppressed and struggling, just like you. If we all stick together, our will and determination would overpower them. We could then have a planet that was pro life and we could evolve faster without all this suffering that is fostered on us. When basic human needs are met, we have less stress and more time to think and create. And that is what is needed.

OK, lets look at the seven aspects of energy and force that we human souls possess and are also acted upon us and how that affects who we are and how we experience life and creation. These seven aspects [in varying degrees] exist in consciousness at all levels, and so highly evolved group souls can have much affect on levels [or dimensions] below them. As we have a powerful affect on animals, they can affect us. First, we have our personality, created by our evolution through matter. Then we have the merged aspect from the mind of God which created our soul. So, to understand man we should look at the duality of his nature, that of personality and soul. The soul is of one aspect only while our personality is under the force of a different aspect in each life. Each aspect will condition our physical, emotional and mental natures, distributing energy at different vibrations and through different energy centers in the body. Energy centers, physically manifested, are glandular or of the endocrine system. Thus the personality is forced to change from life to life until all the qualities of all seven aspects are developed and expressed. At some point, the soul aspect will begin to dominate the personality aspect and condition it's expression. These aspects affecting man come from many places and it's very confusing and complex. An aspect will have one affect on the physical body, another on the emotional body ,and still another affect on the mental body. The impact of these forces upon people embodying differing aspects will keep future psychologists very busy, but the understanding and study will help explain all the emotional and mental problems that we humans struggle with from life to life. Basically, we are forced to experience every part or aspect of God's mind, developing mental and emotional habits that carry from life to life, building upon each other to develop a well balanced and evolved soul, which eventually leads you to the aspect of God's mind that you are. If you are interested in more information about this, read the books written by Alice Bailey and the Tibetan, Dywhal Khul. And momentarily, I will briefly explain the qualities of each of the seven aspects, but remember, we are really discussing energy, and the relation or non-relation of forces, their fusion and balancing.

**Kingdom of souls** ---- intuition ---- Positive

**Human Kingdom** ---- intellect ---- Union of above and below

**Animal Kingdom** ---- instinct ---- Negative

Now Aspects 1, 4 ,5 predominate in human life and govern man's mental life at present

Aspects 2 and 6 govern emotional life at present , but 6 is cycling out

Aspects 3 and 7 govern physical life and the physical body at present

**Remember, the energies and forces of each aspect can be expressed positively or negatively.**

**ASPECT 1** Will or Power -- Dynamic quality, works with synthesis, the head dominates, isolated independence, earnest, sincere, logical, impersonal, The Destroyer, strength, courage, steadfast, truthfulness arising from absolute fearlessness, power of ruling and handling men and measures, capacity to grasp great questions in a large minded way. Outstanding quality of loneliness, isolation, and the ability to stand alone and unmoved. Forces expressed negatively can turn into ruthlessness, pride, willfulness, hardness, forcing issues, arrogance, desire to control, obstinacy, anger. Needs to be balanced by Tenderness, humility, sympathy, tolerance and patience.

**ASPECT 2** Love or Wisdom -- Calm, strength, patience, endurance, love of truth, faithfulness, intuition, clear intelligence and serene temper, sympathetic, ability to suffer for others, pays close attention to the lives of those around you, not a good leader, produces excellent teachers and healers, tactful, foresight, These souls are magnetic as aspect 1 souls are dynamic. If these forces are expressed negatively, we see over absorption in study, coldness, indifference to others, contempt of mental limitations in others. Needs to be balanced with love, compassion, unselfishness, and increased energy.

**ASPECT 3** Infinite and Active Intelligence, Adaptability --- Wide views on all abstract questions, sincerity of purpose, clear intellect, capacity for concentration, patience, caution, doesn't worry himself or others over trifles, grasps the truth of things, can be an excellent philosopher or mathematician, idealistic, a dreamer, a theorist, will love music but not produce it, selective manipulation. [Souls on aspect 1 will grasp indiscriminately what they need and force quality needed in a dynamic way. Souls on aspect 2 gather what they need from the surrounding environment, and impose on it, through magnetic attraction the desired quality. Souls on aspect 3 choose the required material from here and there, but that chosen already has the needed qualities so nothing whatever is imposed or forced.] If these forces are expressed negatively, we see intellectual pride, coldness, isolation, inaccuracy in details, absent-mindedness, obstinacy, selfishness, over critical of others, manipulation of others to further his own ends, interfering busybody, Needs to balance with Sympathy, tolerance, devotion, accuracy, common-sense and increased energy.

**ASPECT 4** Harmony Beauty Art --- Strong affections, sympathy, physical courage, generosity, devotion, quickness of intellect and perception, The qualities of activity and inertia are so balanced that this aspect is called the aspect of "struggle" Because These souls have love of ease and pleasure, a hatred of causing pain, indolence, procrastination, no thought of tomorrow and let things be. They also are very impatient and driven to activity. They desire to harmonize and unify through understanding. They bring beauty through order. These contrasting forces make life one perpetual warfare. Failure and recovery are both learned. This is the aspect of color, whether through art, dress or decoration. This is the aspect of organization through form [or matter], teaching the art of living in order to produce a synthesis of beauty. Can be great writers, poets and artists. Expressed negatively, we have self-centered, recklessness, lack of moral courage, strong passions, indolence, extravagance, inaccuracy, excessive worrying. Needs to be balanced with serenity, confidence, self-control, purity, unselfishness, mental and moral balance.

**ASPECT 5** Concrete Knowledge or Science --- This aspect works in the mental world This aspect of science and research have souls with keen intellect, great accuracy in detail. They have the will to trace every fact to it's source, to verify every theory. Truthful, orderly, business like, humble. This is the aspect of the great chemist, the practical electrician, the first rate engineer, the perfect surgeon. They embody the principle of knowledge. This aspect has produced science in our world. Science is separative in it's approach to the differing aspects of manifestation, which we call the world of natural phenomena. Accuracy, justice, perseverance, common sense, independence If expressed negatively, these forces exhibit hard criticism, narrowness, arrogance, temper, lack of sympathy, prejudice. Needs to be balanced with reverence, devotion, sympathy, love, open mindedness.

This aspect concerns itself with the building of form, with the utilization of matter, with the embodying of ideas. This aspect is very important to man at this time of his evolution.

**ASPECT 6** Abstract idealism, Devotion ---- Devotion, single mindedness, love ,tenderness, loyalty, reverence, intense personal feeling, everything in his eyes is perfect or intolerable , full of devotion, to a person or a cause, He is a saint or a fanatic, he will lay down his life for the object of his devotion, but will not lift a finger for those outside of his sympathies. Idealism is his gift, separateness is his characteristic . Thinks in terms of quality, regards the material side of life with disdain. The soul is the most important thing. Negative -- Non-cooperative, dogmatic, hateful to any belief outside his chosen one, partiality, self deception, superstition, fiery anger. Needs to bring balance with strength, self sacrifice, purity, truth, tolerance, serenity, balance and common sense.

**ASPECT 7** Ceremonial Law [order] or Magic ---- First, let's explain ceremonial ritual, because many people feel it is useless and we have outgrown it. Ritual means regular rhythm; an imposed rhythm on some aspect of life, whether the drills of the armed services, the proper functioning of a business, a hospital, or home. It imposes on the participants a simultaneous performance for unity of purpose. No one on earth can evade ritual, for the rising and setting of the sun imposes a ritual, the cyclic passing of years, the coming and going of trains, mail delivery, the broadcasting of TV shows, work schedules, school schedules, and includes the methods of organization demonstrated in all civilized communities, whether government or business. All these things impose a rhythm upon humanity, whether recognized or not. This aspect unifies the inner quality and the outer form with order or organization. The soul on aspect 7 has strength, perseverance, courage, courtesy, extreme care in details, self reliance. He will delight in ceremonials and observances, in processions and shows. If expressing negatively; formalism, bigotry, pride, narrowness, superficial judgements, over-indulged self-opinion. Needs to bring balance with realization of unity, wide-mindedness, tolerance, humility, gentleness and love. The magic of this aspect is the integration of the higher human personality and it's soul. It unifies the inner quality with it's outer tangible form.

OK, so I'm sure you see many of these aspects in yourself, some more than others. If your honest with yourself, I'm sure you see some that you are expressing negatively. So over many many lives your personality will be exposed or impressed by all of these aspects , giving you the opportunity to express each one positively, thus evolving yourself to it's highest ability and quality.

There is so much more to our evolution, or the growth of our souls, and so much more when we leave earth. But we cannot leave earth while we vibrate negatively. You simply could not exist in a dimension that vibrates so differently. So, I guess there was some truth in all the religions telling us to try and be good and loving people. But here is the trick, If you are outwardly expressing friendship or kindness, and inwardly thinking that they are a jerk, you still are vibrating negatively. It's not what you do, it's what you are thinking or feeling that evolves you. You can hide the inner you from other physical people, but you can't hide it from your soul. And no one in the universe will ever judge you but yourself.

Remember, everyone is unique, and expressing that uniqueness sometimes negatively and sometimes positively. People are on different levels of evolving. Our world countries are the same. Instead of hating some aspects of others and of the world, try understanding them by 1-- putting yourself objectively in their position, 2-- by seeing that they are caught in some stage of evolution or negativity, 3-- try to see the bigger picture, which means not just your own personal opinion. They say there are two sides to every story, but with billions of souls on our planet ,there are a lot more than two. When someone is murdered ,we feel compassion for the one murdered, but can you feel compassion for the poor soul that did the murder. What horrible state of mind and emotion he must



have been in to reach that point; to take another's life. Remember we are all evolving and making loads of mistakes, so be courageous enough to admit when you have been wrong. It's a good thing, because then you move on and you have grown. And be courageous enough to forgive the mistakes of others. What is more important to you; to be loved or to love?

So that's it, I'm done. I hope this can help anyone who reads this. It will be better understood if read at least three times. And read slow, and think about things.

Thank you,

*Nancy Brennan Abrams*

# The Science of Consciousness

